



BOK Urban Orienteering Series 2021

Race number 9

Wednesday 7 July 2021

Long Ashton

Postcode BS41 9DP, What3words: Flags-grid-clock, Grid Reference 536704

- Venue:** Long Ashton Village Hall (Keedwell Hill, BS41 9DP). Car parking is available at the Village Hall. Once full, please park considerately on the local residential streets. Turn off the main Long Ashton road (Weston Road) opposite the Co-Op. There are good bus and cycle routes from Bristol.
- Map:** 1:5000 scale map by Matt Leathwood. Loose control descriptions will also be available. New comers are advised to familiarise themselves with uncrossable features and out of bounds symbols (if in doubt, ask Helpers before starting)
- Courses:** **Short Course** 2.5k (suitable for unaccompanied juniors) – this will be mostly off road on tracks in a wooded area, sports grounds and along some roads. It will cross a couple of quiet cul-de-sac roads and is suitable for careful juniors.
Medium Course 4.5k
Long Course 6.5k
Under 16s wishing to run medium or long will need to be accompanied by an adult. Distances are as the crow flies - expect actual running distance to be approx 50% more.
- Terrain:** Mostly urban with short grassed sections
Short course will venture into a wooded area which can be slippery and muddy when wet. Road shoes and shorts are very suitable
- Registration:** Pre entry only via [Fabian4](#). There will be no entry on the day, but non-BOK members are welcome. The closing date for entries will be 30 June 2021. Please ensure your contact details when entering are correct for Track and Trace.
- Start times allocated to control numbers and flow. Your entry will be conditional on conforming to the BOF Covid-19 guidelines at https://www.britishorienteering.org.uk/COVID19_Safe_orienteering
As a club we reserve the right to prevent participation of anyone deemed not to be complying with these guidelines
- Start/closure:** Starts 5:30-7:30-pm.
Courses close at 8:30pm
All competitors must report to Download, even if they retire.
Start, finish and download are all adjacent to the car park.
- Entry Fee:** Juniors and Students £3.
Seniors £6.
Dibbers available for hire – both standard SI and SI Air (SIAC). Costs are £1.50 for seniors, free for juniors and students. Lost dibbers charged at £30 (£50 for SIAC).
- Safety:** The long and medium courses take place on the streets of the village and may include running along a cycle path – please be aware of commuters cycling home quickly. The main Weston Road that cuts through the village can be busy so take care when crossing.

The short course does not cross any main roads but runners need to take care on the few quiet side streets that it runs alongside and crosses.

All courses use sports grounds which many people use to exercise dogs - please take care.

Competitors take part at their own risk and are responsible for their own safety. If travelling alone or with relevant pre-existing medical conditions, you may wish to notify the organiser. Please comply with any social distancing requirements in place at the time of the event.

Facilities: Toilets are available within the Village Hall – please follow the signs and only use those we have been allocated. There are no other indoor facilities available.

First aider will be in attendance

Dogs: Dogs are permitted on leads, providing owners clear up and dispose of any poo

Officials: Organiser: Rachel Leathwood. Tel 07775 084232; email Leathwoods@me.com
Mapper and Planner: Matt Leathwood
Series co-ordinator: David Faulkner David.e.faulkner@blueyounder.co.uk 07867 537171

Data protection: your personal information provided for this event or obtained from registration databases will be used to process your entry, publish results, check for missing runners and trace missing SI cards

Further details and latest information on the BOK website:

www.bristolorienteeing.org.uk

